



# Grizzly

FINAL 2001

Speeding  
down the  
raceway



What's black  
and white  
and 'read' all  
over campus?  
Find out  
inside!

Look into Phi  
Theta Kappa and  
see what it takes  
to make the  
grade



# From the Editors

Now it's time to say goodbye to all our family. M-I-C- oops! So maybe it's not the Mickey Mouse Club but it's time to say goodbye to everybody.

We remember the first day of magazine two years ago, a new staff and new adviser. We have come a long way from knowing little about magazine production to producing eight magazines.

We hope that you all have enjoyed reading the *Grizzly*. Our goal at the beginning of the year was to cover as much as we could about Butler but at the same time have fun. So from Academic Challenge to make-up to football to fashion to Butler campuses to dreams to art to handwriting, we have covered it all.

In April we attended the Kansas Associated Collegiate Press contest. Overall we won a Gold Medal, Darren Greiving placed first in Photo Essay, third in Sports Photography, third in Feature Photography and honorable mention in Graphic Design; Amanda Lene took an honorable mention in News Writing; Ashley McCullough received honorable mention in Infographics and third place in the Journalist of the Year category. Congratulations to the *Grizzly* staff for a job well done!

In this issue we have covered a variety of topics. Check out the story about the newspaper and how it is put together (page 6).

Or read the story on Phi Theta Kappa and what it takes to become a member (page 8).

If you're in the mood for racing read up on drag racing (page 22).

And if you're getting married flip over to the wedding story and get some ideas about planning your wedding (page 26).

Hope you have a fantastic summer!

**-Rachel Julius**

**-Ashley McCullough**

# FINAL 2001

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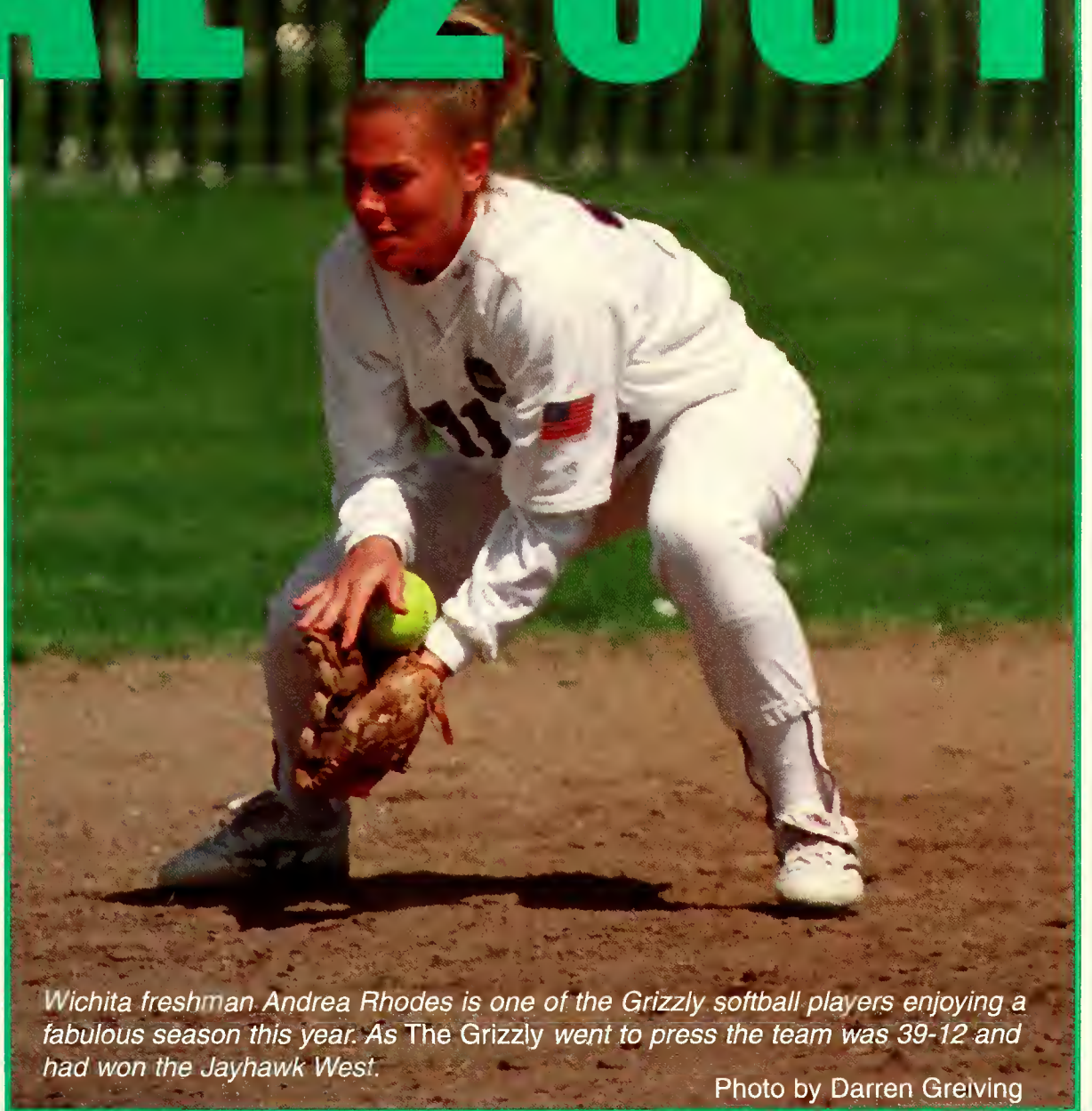
**Michael Swan**  
*Faculty Adviser*

## ***On the cover...***

Wichita International Super Pro racer heats up his tires during a burnout. Drag racers do burnouts before each race to get better traction on the track.

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Letters to the Editor encouraged



*Wichita freshman Andrea Rhodes is one of the Grizzly softball players enjoying a fabulous season this year. As The Grizzly went to press the team was 39-12 and had won the Jayhawk West.*

Photo by Darren Greiving

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Photo by Pamela Bearth

## Story by Pamela Bearth

Are you the type of person that sits aside while others enjoy the dance floor? Well, here is a solution to your problem. Butler County Community College has a wide variety of dance classes to choose from to help boost up your dancing needs. Classes range from Jazz to Choreography to Ballet or even some non-credit classes of Line Dancing.

Carla Lloyd and Valerie Mack teach the dance courses at Butler. Former runner-up to Miss Kansas, Mack keeps herself busy with many school functions.

She has the Sophisticated Ladies, the barbershop group, the Smorgaschords and co-directs the concert choir with Mr. Ron Garber.

With all this she still finds time to teach some dance classes. She also directs the Headliners showchoir, which consists of 26 singers and dancers.

"I got started because I can't throw and I can't catch, so there is only one more thing, dance!" says Lloyd.

"My mother started me out dancing when I was five and have been dancing ever since," says Lloyd.

Some of the non-credit classes are Beginning/Intermediate East Coast Swing that is seen in movies like *Swing Kids* and *Malcolm X* and some GAP commercials. Also, beginning Country Western Dance is where you can learn



how to do the two-step, triple-step and country waltz. Advanced Country Western Dance continues the two-step, triple-step and waltz. You can also bop to the music of Santana, ZZ Top and others in the West Coast Swing.



Photo by Brenda Kimmi



Photo by Pamela Bearth

"In Ballet it is more of a controlled dance, and in Jazz you can be a little looser," says El Dorado sophomore Sherry Urton.

"Dance class is exciting and lots of fun," says Derby sophomore Amber Nelson.

Available each year are many kinds of music scholarships and you don't even have to major in music to qualify. Auditions are held in the spring and they are the foundation of some of the scholarships.

For more scholarship information contact the Vocal Music Department at (316) 322-3224 or, from the Wichita/metro area, call direct at 733-3224.

**Top Left:** Ballet students Sherry Urton, El Dorado sophomore, Tiffany Lange, Conway Springs sophomore, Instructor Carla Lloyd, Amber Nelson, Derby sophomore, and Sarah Wahlmeier are learning a new dance to the music of Ocenea and Deepforest.

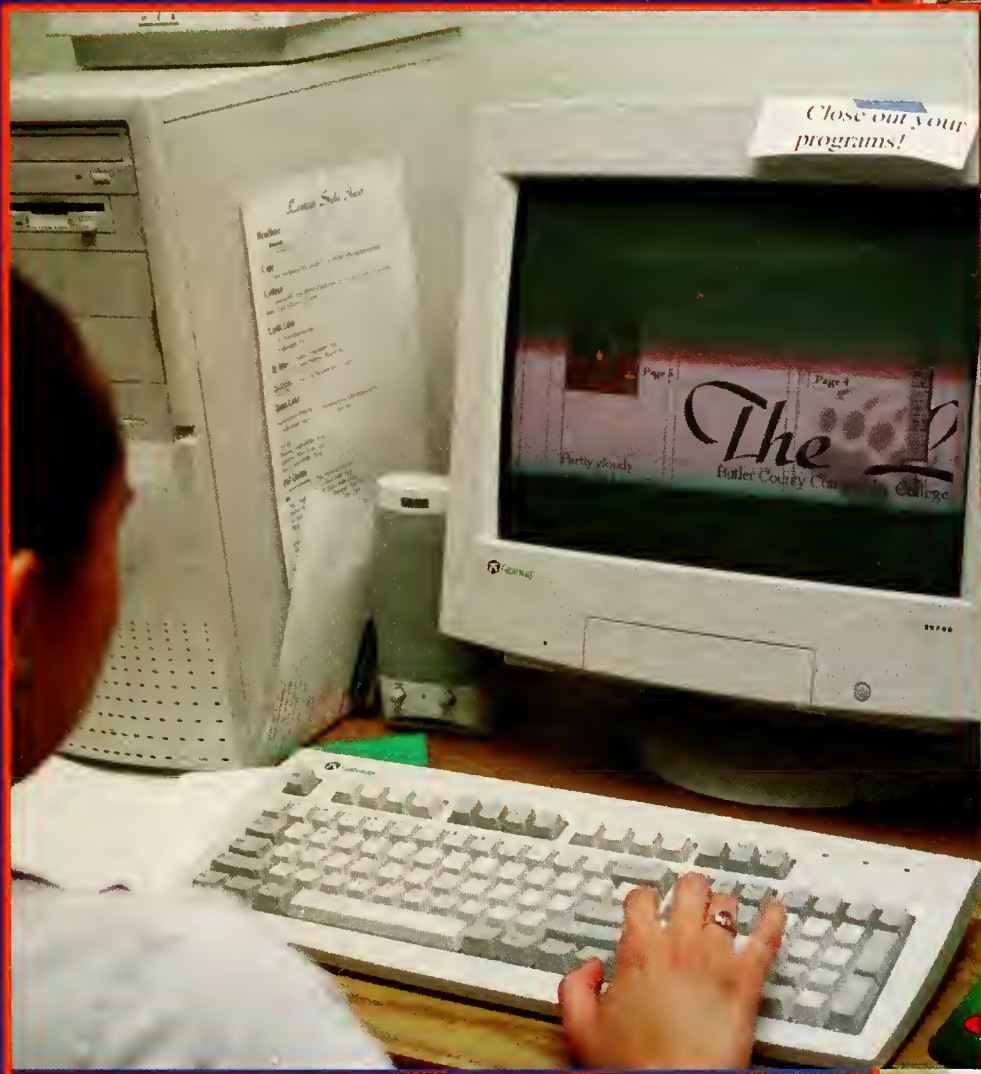
**Top Right:** In Ballet class Amber Nelson, Sarah Wahlmeier, and Instructor Carla Lloyd inspect their every move by facing the mirrors around them.

**Left:** Spinning to the music, Tiffany Lange and Amber Nelson practice their dance moves.

# O F D A N C E



# Life of the Lantern



Every Thursday, students and teachers anxiously await the arrival of a new Butler *Lantern* newspaper. If students don't read the articles they at least open it up to read the "Student Views" section on page two or Jon Pic's funny but true columns.

The *Lantern* staff meets every day from 1:30 - 4 p.m. (except Fridays) to bring us the current news around Butler. Stories come from the students themselves, instructor Freda Briggs or from the word of the grapevine.

The *Lantern* staff consists of 12 staff members and some of them are not Mass Communication majors.

They are on staff simply because they like to write and the scholarships help pay for their education.

"Working on the *Lantern* gives me a chance to broaden my writing and design skills and hopefully looks good on my transcripts and resumes," says Augusta freshman Travis Boyer. "And I get a full scholarship."

The nice thing about being on the *Lantern* staff is having the freedom to decide on what story you are going to write.

Instructor Freda Briggs says, "I just try to steer them in the right direction and give them story ideas,

because they are the ones to take the heat or the credit from the stories they write."

Most of the *Lantern* staff would agree that a college newspaper is more stressful and difficult than a high school newspaper but, at the same time, very rewarding.

And this hard work shows in the stories the *Lantern* staff puts out every Thursday. This is due also to the laid-back atmosphere the students work in every day.

Augusta sophomore Josh Primm says, "The staff I've worked with this semester has been absolute-



ly tremendous."

Additionally, working on staff gives the students the opportunity to discover news things about Butler County.

El Dorado sophomore Stacy Drennan says, "I like the opportunity to meet new people and express my opinions."

Some major highlights from the *Lantern* this year include stories on art instructor Roger Mathews who was injured in a serious automobile accident earlier this year. The newspaper kept us updated on his condition. Another major *Lantern* story this year

was "The Gray Flannel Letter," which started some controversy around the campus. The letter mostly criticized harassment of female students around school. After the printing of several of the letters in the *Lantern* newspaper, a committee was formed to address issues of sexual harassment on campus.

To end an already great year, the *Lantern* staff took home a Bronze Medal at the KACP awards and William Villalobos placed second in the cartoon category at the banquet held at the Broadview Hotel.



**Above:** Augusta sophomore Josh Primm, Managing Editor, proofreads a page layout that will be featured for the upcoming newspaper issue.

**Left Above:** Sophomore Stacy Drennan, Editor, works on the flag of the *Lantern*.

**Right Above:** El Dorado freshman Jon Pic works alongside Wichita sophomore William Villalobos in pasting up the *Lantern* newspaper.

**Story By Christy Sherdon**  
**Photos By Amanda Lene**

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# Phi Theta Kappa

PHI THETA KAPPA HAS MORE THAN 1.3 MILLION MEMBERS AND 1,100 CHAPTERS IN ALL 50 STATES INCLUDING CANADA, GERMANY AND JAPAN

Phi Theta Kappa is an honor society that recognizes and encourages the academic achievement of two-year college students. Phi Theta Kappa (PTK) gives students opportunities for individual growth and development. PTK is the largest honor society in America. According to the PTK website, PTK has more than 1.3 million members and 1,100 chapters, which are located in all 50 states, U.S. territories, Canada, Germany and Japan. The American Association of Community Colleges recognized PTK in 1929 as the official honor society for two-year colleges.

Since PTK is the official honor society for two-year colleges, it means there is a lot of student participation. According to the PTK website, approximately 15,000 students participate in PTK programs each year. More than 75,000 students are inducted into PTK annually. To keep an active membership a student must maintain a grade point average of 3.5 or higher. Both

part-time and full-time students are eligible for membership.

Wendy Lynn and Mika Satake, both students at Butler, are a part of PTK. Lynn and Satake represented Butler County at the sixth annual Phi Theta Kappa All-Kansas Academic Team Reception, which took place Feb. 14 in Topeka. Lynn and Satake were named to the 2001 All-Kansas Academic Team.

"Being named to the PTK All Kansas Academic Team was truly an honor. I was proud to represent Butler at the state luncheon" Lynn says. Both Lynn and Satake's accomplishments and future plans can be found on the Butler website under marketing communications.

Lynn is a sophomore from Coffeyville. She is majoring in Agri-Business/Political Science. Through her career at Butler, she has had the opportunity to be on the Livestock Judging team. Lynn is also on the President's Honor Roll. Her future

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I'M STUDYING AT  
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SATAKE.





*Wendy Lynn, Coffeyville sophomore, and Mika Satake, Japan sophomore, were named to the 2001 All - Kansas Academic team.*



plans include attending Kansas State University and then pursuing a law degree with an agriculture specialty.

Satake is a sophomore from Japan. She says, "Since I'm an international student who speaks English as a second language, I have to go through lots of difficulties while I'm studying at Butler. However, getting this honor gave me confidence to pursue my educational goal to be a Drama Therapist. I'm happy that I have wonderful teachers here at Butler."

These teachers are helping Satake in accomplishing her major in Drama Therapy. She has been a part of PTK since the spring of 2000. While at Butler she has been involved with the International Students Association and participates in all Butler theatre productions. Satake plans to go on and receive a bachelor's degree in Drama and Psychology, then pursue her master's in Drama, either at New York University or California Institute of Integral

Studies.

As Lynn and Satake have shown leadership through their academics and participation in school activities, they are building up their character qualities. PTK is a way to develop character through leadership and being involved in the community. Roger Briggs, a sophomore at Butler, is the Chapter President of Butler County's PTK association, which is known as the Alpha Phi Alpha Chapter. Briggs states that they are working on building up the program at Butler County, to become more involved in the community and on the campus.

No matter what campus PTK is found on, it is a great way to show appreciation to students who put the time and effort into their academics. PTK is a symbol of excellence in higher education, and it commits to students who are helping build up Phi Theta Kappa by achieving academic integrity.



# computer aided r a f t i n g

Computer Aided Drafting  
is a big player in architec-  
ture and engineering



*Whiteside gives hands on AutoCAD training with Wichita freshman John Brodie and Circle freshmen Travis Brundage and Chris Gilham.*

*Right: Students visit the new dorms being built on campus to learn about building structures and codes.*



BCCC has offered the Computer Aided Drafting (CAD) program for several semesters. Students can expect to learn how to utilize AutoCAD program as well as gain knowledge of residential and commercial design while in the CAD program.

Computer Aided Drafting (CAD) can be used for architecture (houses and buildings) and engineering (planes, cars, boats, etc.) According to Mel Whiteside, Lead Instructor CAD and Drafting, CAD can be utilized in theatre as well. For example, three-dimensional platforms can be designed, the actors can be placed on the stage and the lighting can be laid out, all with the use of CAD.

"I am in the class because I like to design things. It gives me the feel of what engineers do in the real world," says Derby sophomore Aaron Rucker. "The CAD class has helped me with measurements, layouts, design work and helps me with math.

This class gives me the knowledge that I need and I can apply it to the real world."

CAD prepares the students for the job market as well as transferring to a four-year school.

"Students benefit more from CAD here (BCCC). Universities focus more on freehand sketching," says Whiteside.

However, Kansas State and the University of Kansas take the student's knowledge of CAD into consideration and it places the student a step ahead.

"I feel that Mel Whiteside has really prepared me for K-State," says Wichita sophomore Chris Kilgore. "I have learned many practical applications that have allowed me to decide on a field of study."

This is the second semester for Whiteside. Before coming to BCCC, he did civil engineering (roads and bridges).



Photos by Chris Kilgore Story by Ashley McCullough

“My goal is for the students to have a good foundation in CAD and drafting when they complete their education at BCCC,” says Mel Whiteside, Lead Instructor CAD and Drafting.



Whiteside has worked with engineering and architecture for 13 years.

Along with Whiteside there are three adjunct instructors: Ganesh Nayak, Carolyn Koehn and Ron Cox.

“The instructor (Whiteside) has kept the class exciting and informative throughout the semester,” says Wichita freshman Dennis Sprecher. “He has gone out of his way to help me get into the job market and teach me what I need to do so. I feel grateful for coming to BCCC.”

The CAD program attracts non-traditional students as well.

“Starting back to school 20 years after high school was a big step,” says El Dorado freshman Jerry Reinhart. “Mel made

this challenge very refreshing. The help and understanding he gave me during the first semester of class made the difference for me in continuing my education.”

The CAD/Drafting department has recently installed new computers and a new plotter to make posters and blueprints. The technology was provided through the Carl D. Perkins Vocational and Technical Education Grant. Grants provided through the Perkin’s grant help the Engineering department grow and improve.

The CAD program is growing at BCCC. Whiteside’s goal is to be one of the top 10 junior college technical schools. Whiteside says it won’t happen overnight, but enrollment has been up the past two semesters.



# PHILLIP H. THEIS

## Retires after 35 years at Butler

Friday, May 18, is Phil Theis' last day at Butler County Community College as lead teacher of the Biology department. His retirement begins May 19 after he walks with the BCCC faculty for the last time at the 2001 graduation. Theis has been teaching at Butler for 35 years and has been in the field of education for 40 years. He came to El Dorado in 1966 at the age of 27 as a

General Biology teacher. When Theis came to Butler the campus was still under construction.

"The first time I saw this place, it was just a structure made of steel. I guess you can say I've seen the skirt off the old bird," says Theis.

Edwin J. Walbourn, the president of the college, hired Theis in 1966 as a biology teacher. His classes consisted of about 75 students during the Vietnam years.

"Builders thought someday there would be 800 students enrolled at Butler; however, everyone had their socks blown off when enrollment reached 998 students in the first year,"



*Philip Theis, head of the Biology department, reads lab instructions to Wichita sophomore Don Heusch as he looks through a microscope in Microbiology.*

says Theis.

Because of the unexpected, overwhelming number of incoming students, the classes were much larger then.

Now classes consist of about 24 students, to ensure the quality of education a student receives.

Over the years Theis has taught everything from General Biology to Microbiology, including Anatomy and Physiology.

Theis heads the Biology Department at Butler County Community College and has for more than 20 years. His duties have included setting schedules, ordering text-

books, getting needed materials and doing evaluations. He also teaches Microbiology and other courses in the biological sciences.

Phil Theis is a native of Hutchinson, Kan. and was born on June 11, 1938. He graduated from Hutchinson High School in 1956 and immediately enrolled in Hutchinson Community College.

"At first I was thinking about becoming a medical doctor," says Theis.

However, he changed his mind when one of his teachers asked him a single question that changed his life. Theis took a course in college called Organic Chemistry and one day when the teacher left the room, a classmate of Theis asked him to explain something that he did not understand.

"Before I knew it, I had the whole class's attention, including the teachers who had returned to room," says Theis. "Once I was finished my teacher looked at me and told me he would like to have a word with me."



## Story and Photo by Amanda Lene

Theis stood in front of his teacher scared that he was in trouble only to hear one question come out of his mouth. 'Have you ever thought about becoming a teacher?'

As a result of that day, Theis has been an educator for 40 years.

Theis graduated from Hutchinson Community College in 1958 with an associate's degree. He then transferred to Emporia State University, where he received his bachelor's in 1961. Theis decided to continue his education at ESU and graduated in 1964 with a master's degree in Biology.

Theis got his first teaching job in 1961 as a Biology-Chemistry teacher at Phillipsburg Senior High School in Phillipsburg, Kan. Two years later, Theis changed jobs and taught at Olathe Senior High School in Olathe, Kan. Theis also was the assistant football coach at Olathe for one year.

Theis decided he wanted to teach at a college level and in 1966 he came to Butler County Community College.

"Butler was a new and exciting community college in El Dorado. Plus it was to be the first comprehensive community college in Kansas," says Theis.

Theis has been here at Butler

now for 35 years and has loved every minute of it. He is the last of the original teachers who started at Butler on the current campus in 1966.

He decided to retire because he wants to be able to do different things while he is still young enough to do it. Plus 40 years seems like a pretty even number to call it quits.

"My wife retired last year, so we are planning on doing some traveling and gardening together," says Theis.

Theis also mentioned he would like to do some woodworking, and plans on making grandfather clocks.

Theis married his high school sweetheart, Ann, and they have been happily married for 41 years. Phil and Ann have three children. Kelly, the oldest and only daughter, lives in Andover and is a teacher. John lives in Hutchinson and is a psychological therapist. The youngest boy, Eric, lives in Joplin, Mo. and is an administrator of the parole and probation offices.

Kelly, John and Eric all graduated from Butler County Community College with near 4.0 averages.

"They got their brains from their mother," says Theis.

Ann was a psychiatric nurse before she retired last year. She was awarded the outstanding nursing

award in 1996.

Throughout Theis' teaching career he has participated in many organizations and programs such as: The Kansas National Education Association, The National Association of Biology Teachers, The Kansas Association of Community Colleges and BCCC Education Association.

He has also participated in many programs helping students in specific biology courses and has encouraged students to apply to "The Kansas Experience," a cancer institute given at Kansas State University. Theis has been to seminars about cancer and AIDS, and has participated in many National Science Foundation short courses.

Theis even has an outstanding community service record. He has participated in television debates aired in El Dorado, served as a member on numerous boards and councils and has volunteered evenings at the South Central Mental Health Center. Theis coached a Little League baseball team in the summer of 1974, was the head Cub Scout master for the City of El Dorado in 1981, taught marriage preparation classes for St. John's Church and has done many other things.

Theis has collected many dis-

*Continued on page 14*



*Derby sophomore Leslie Brady, Derby sophomore Crystal McBath and Wichita sophomore Oranda Hubbard listen attentively to Mr. Theis as he explains a lab in Microbiology. Theis also teaches several lab and lecture courses in biological sciences.*



### **Continued from pg 13**

tinguished awards, recognizing him as a great teacher and citizen. Theis has been awarded the following: Outstanding Coach Award - Olathe H.S., Outstanding Teacher Award - Black Student Union, Outstanding Faculty Member, Distinguished Faculty Award, Golden Attitude Award, Exceptional Educator Award, Master Teacher - BCCC and Distinguished Citizen Award of El Dorado. Two very special awards included the 1999 Kansas Master Teacher and the 1999 National Institute for Staff and Organizational Development (NISOD) Excellence Award.

Theis says that all the awards are important to him, but the Outstanding Teacher Award given by the Black Student Union meant a

great deal to him because it was awarded by students.

"The students mean so much to me, and I will miss them the most. Every student is special to me. I have always been excited about class. I love to teach," says Theis.

Theis also says that he would miss the science of Biology, his college friends and faculty, and he thinks he might come back to teach a night class after a year or so.

"Teaching is an art. In a nutshell, it is caring, loving and joy that are created from the process of helping others to learn. Teaching is in my blood," says Theis.

Theis believes his greatest accomplishment has been watching the thousands of students succeed, and knowing that he has been a part of their careers.

"What I always tell my students is 'As you slide down this banister of life, remember me, as a sliver in your career,'" says Theis.

Theis recalls his greatest memories here at Butler. The wonderful memories of being honored with so many great awards does not compare with the most unforgettable memory of being given the opportunity to become a teacher at Butler back in 1966.

"I will always be grateful to Edwin J. Walbourn for selecting me to teach here at Butler," says Theis.

Philip Theis will be remembered on campus and throughout the community as a kind, courteous, intelligent, caring, gifted teacher and citizen who is willing to take the extra step or go out of his way to help one of his students. Mr. Theis is what you would call a truly remarkable man.



# SOFTBALL TAKES OFF

## Butler's team enjoys a good year

The softball team at Butler County Community College is becoming a success story. As of press time, the team had already won the Region VI title. They were 14-1 in Region VI games and 39-12 overall.

They were headed to the Region VI tournament in Johnson County with a number of talented performers, including pitchers Jami Akin and Andrea Rhodes. If they can win that tourney, it's on to Florida for the national tournament.

Akin, a sophomore from Yukon, Okla., has a stellar 19-1 record and is pitching a freshman from Wichita East, who is 18-10.

Akin is also a feared hitter, with a .354 average. Katrina Jackson, a sophomore outfielder from Wichita South, leads the team with a .374 average. Third-baseman Jessie Stuhlsatz, also from Wichita, is the

Grizzlies' power hitter.

Akin and Rhodes are having good seasons, along with their teammates, but there's more to their stories.

At times this season, Akin had to take cortisone to help ease the pain of tendinitis in her shoulder.

Rhodes' grandfather, William C. 'Bill' Cummins, was the first campus dean at Butler. He died on Dec. 30, 2000 and, as a tribute, the players all wear the name 'Bill' on the front of their uniforms.

Head coach Brad Horky took over the program at mid-year, 1998. They were conference runners-up in 1999 and 2000. Since his arrival, the team's record stands at 141-68, going into the early May region tourney. The Grizzlies are seeded second in the South to Cowley County Community College.

Horky is a 1981 University of

Missouri graduate who has followed the coaching trails at several softball programs in the Midwest.

He coached at the University of Nebraska-Kearney for three years, going 100-60 and taking home the 1987 NAIA national championship. His teams there also won two conference titles.

He was then at the University of Kansas for three years as an assistant coach, and the team won the Big 8 regular season championship in 1990.

Then it was on to Pittsburg State University as head coach, and that's where the teams went 186-85 in five years. They also made three NCAA tournament appearances.

Horky has also coordinated college trips to Europe, which include softball competition.





Story by Terretta Ann Bethel  
Photos by Darren Greiving

# Baseball on the Upswing

**The Grizzlies had a slow start, but as the ninth inning closed, their game continued on.**

Let's talk baseball. Freshly cut infield. Newly dragged red dirt. The white lines perfect and untouched. Macho men spitting and scratching while sporting brand new jerseys. Metal cleats. Spit cans and sweat.

Now let's really talk baseball. Pitchers wearing long sleeved shirts and jackets during the heat of the day to keep their pitching arm warmed up. Catchers dying of heat under all the gear but never easing up. Living in the batting cages day after day to get down that drop ball you can't seem to hit. Going over the plays again and

again until they become first nature to you. These are all part of baseball, and these are all part of what makes baseball such a fun sport to be a part of.

The 2000-2001 Grizzly baseball team had great expectations for the season.

"Like any season, we expect to win a conference championship, win a regional championship and go to Grand Junction and compete in the nationals," said second-year head coach Trent Nesmith.

Nesmith and assistant coach-

es Brian Blessie and David Hager, with strong leadership from returning sophomores, never gave up.

As of late April, the Grizzlies were sitting just over .500, which placed them third in the Jayhawk West Conference.

"We have so much individual talent," said Orlando Mijares, Aurora, Colo. sophomore catcher. "We just haven't put it all together yet."

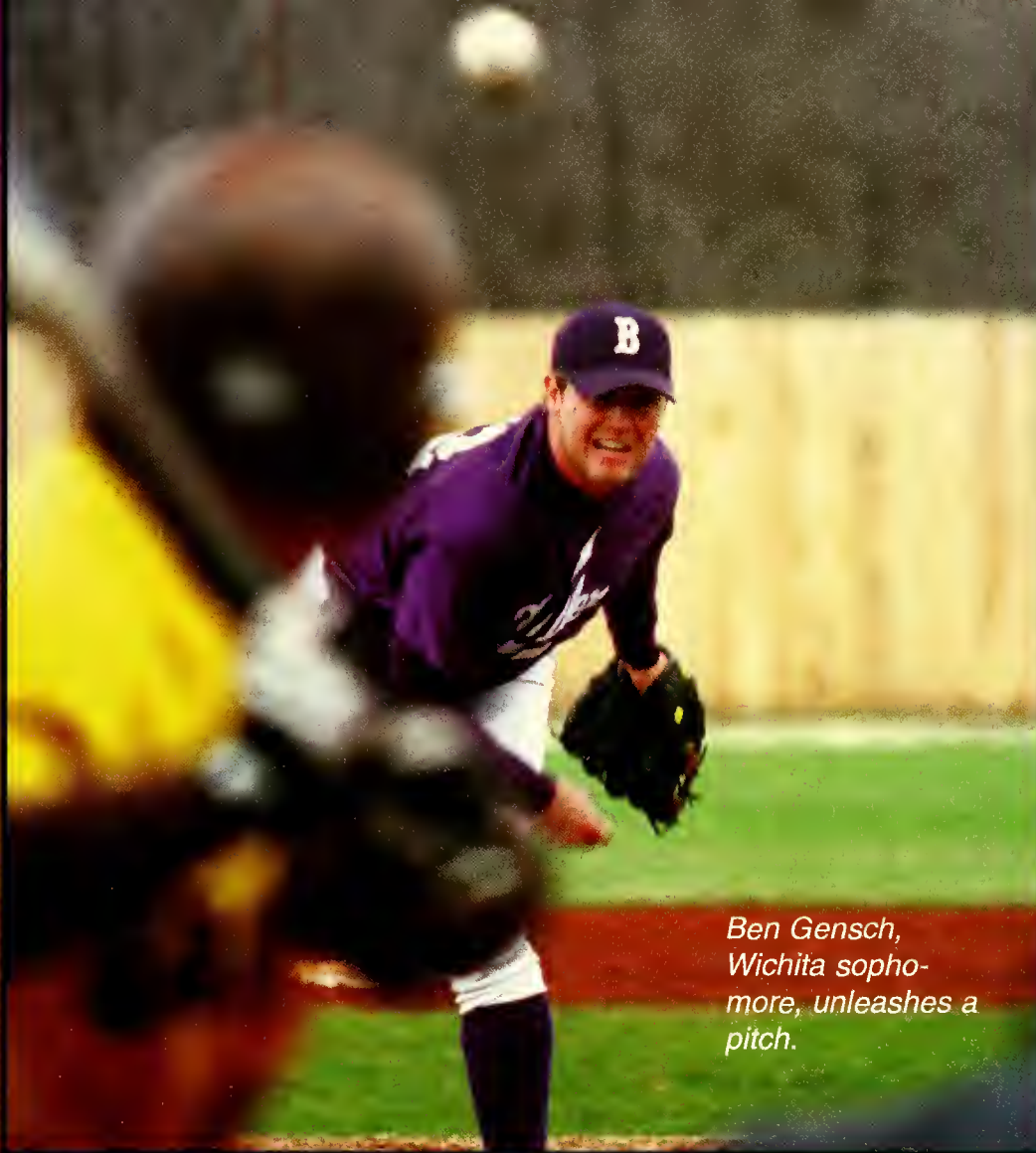
Coach Nesmith echoed the comment. "The talent's there, the ability to put it together as a team just needs work. We're just trying to get



better every day: every practice and every game."

Sophomore pitchers Luke Lemon, Wichita, Andrew Ehling, Hutchinson, Scott Munter, Omaha, Ben Gensch, Wichita and Brett Nachbor, Augusta, have had solid outings throughout the season. Also contributing to the team and showing great potential for next year are freshmen David Beach, Hutchinson, Brock Poe, El Dorado and left handed pitcher Kellen Raab, Omaha.

Every team needs a strong infield backing the pitcher up. Butler's is complete with first baseman Matt Lindenmeyer, Wichita sophomore, and third baseman Shaun Puvogel, Salina sophomore. As for other individual strengths, shortstop Brett Williams, Pratt sophomore, covers his ground and shows great range along with second baseman Brett Olivier, Wichita



*Ben Gensch, Wichita sophomore, unleashes a pitch.*

sophomore.

Don't forget the outfield. They may be way out there but their hard work and determination has not gone unnoticed. Right fielder Rob Horst, Gering, Neb. sophomore, and center fielder Bryan James, Wichita sopho-

more and a second year mainstay of the team, are what Nesmith calls "good players."

As of late April, Horst was standing tall with 18 home runs and a .388 batting average. Horst plans to play at the University of Nebraska next year and James, with a .370 batting average, will sign with Nicholls State in Thibodaux, La.

When asked what was Nesmith's most rewarding part of coaching collegiate level sports, he said, "Just being with the guys, win or lose. I will not take the fun out of baseball." So although the team isn't having their most successful season, they're improving every day and remembering why they play one of America's most favorite past times: to have fun.



*The Grizzlies congratulate each other on a game well played.*



# Getting in

## Your guide to healthy eating and exercising right

Summer is coming and your body isn't in top shape, so what are you going to do to shape up? You could wake up at five in the morning and run five miles every day. Or you could start by eating a healthy, balanced diet. Now, you ask, what types of foods are considered nutritious? These include fruits, vegetables, grain foods, dairy products, and food that is not processed or loaded with saturated fat. (Sorry, that means no Big Macs or Whoppers.)

So, what do students at Butler know about exercising?

"On the weekends I go for walks with my boyfriend, and when he doesn't go, I jog. Or I pop in Taebo when I'm bored because I hate TV. I like to do crunches. I just basically work on my stomach and butt, the trouble areas but that's not always regular," says Augusta freshman Cristin Mitchell.

On the other hand, some stu-

dents don't exercise at all.

"I never exercise, because I'm extremely lazy and I have other things to do," says El Dorado freshman Marco Munoz.

In addition, athletes have a grueling schedule to keep their bodies fit.

"Yes, I exercise and work out because the coach makes us. For 30 minutes, you have agility, like jumping off boxes and on, jump roping and workout routines. Basically we do the same weight lifting routines. The only thing that changes is you add more weight," says Wichita freshman Derek Cline, who is on the basketball team.

What types of foods should your diet consist of if you want to lose weight or keep in shape? According to the USDA Food Guide Pyramid, you should eat 2-3 servings of meat, poultry, fish, dry beans, eggs and nuts daily. In addition, you need to eat 2-4 servings of fruits, and 3-5 servings of

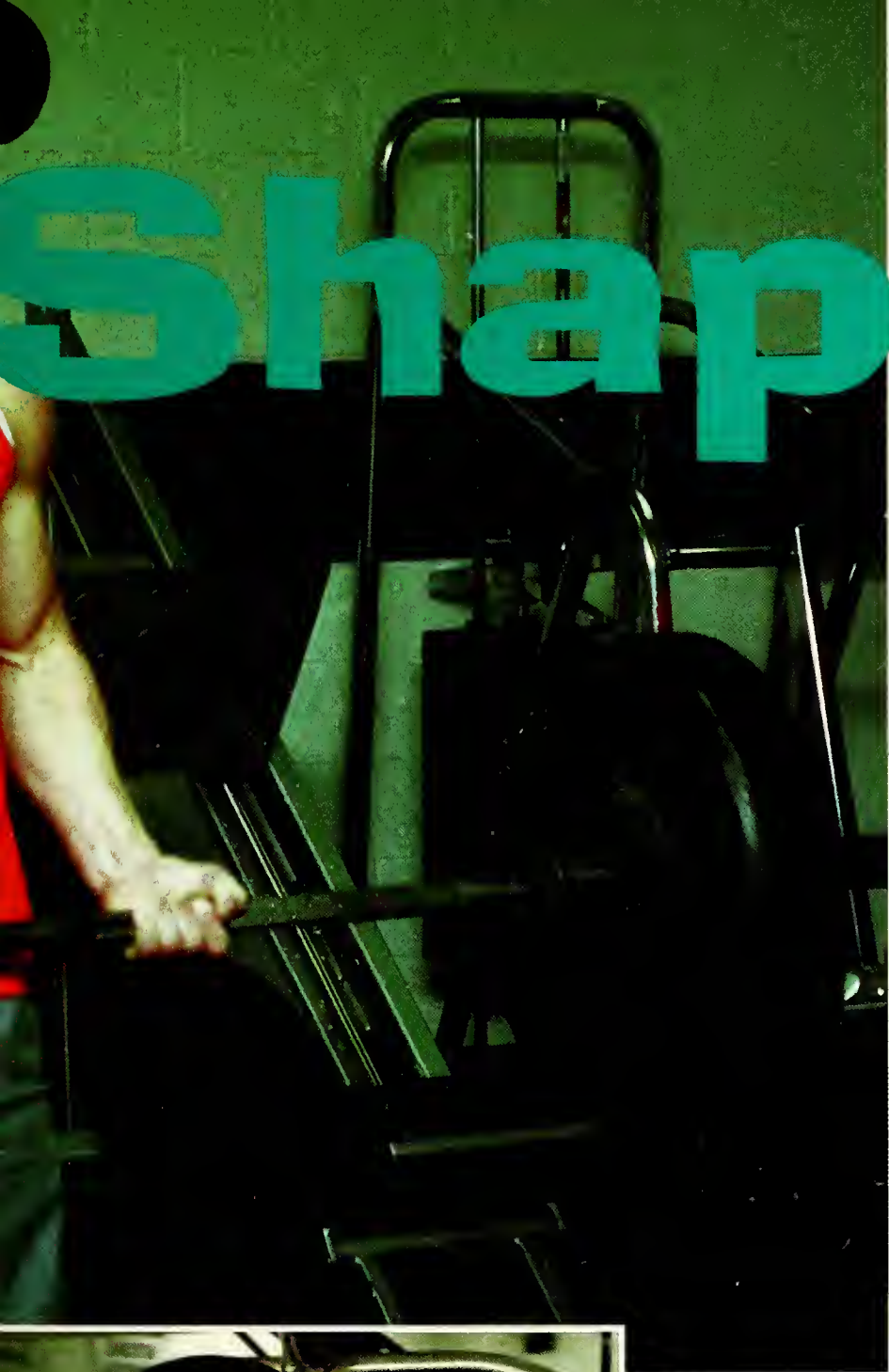


*Above: Texas freshman Nick Hoover lifts weights to "impress the females," according to Hoover. Below: Trinidad, Tobago freshman Kijana Thomas tones his legs.*





# Shape

A close-up photograph of a person's arm and hand gripping a metal bar on a gym machine, likely a lat pulldown or similar exercise equipment. The background is a green wall.

Story By Francesca Chilargi  
Photos by Amanda Lene

vegetables. Also, your body needs 6-11 servings of bread, cereal, rice, and pasta, and 2-3 servings of milk, yogurt and cheese. Moreover, you need to use fats, oils and sweets sparingly in your diet.

Besides a healthy diet, your

body requires water, according to *Wellness* authors David J. Ansbaugh, Michael H. Hamrick and Frank D. Rosato. Sixty percent of your body weight is due to water. Every cell in your body contains some portion of water and tissues that are not thought of as "watery" contain a quantity of water. People are advised to drink between eight to twelve cups of fluids a day. According to *Wellness*, "Another general rule of thumb is to drink a quart of water for every 1,000 calories expended."

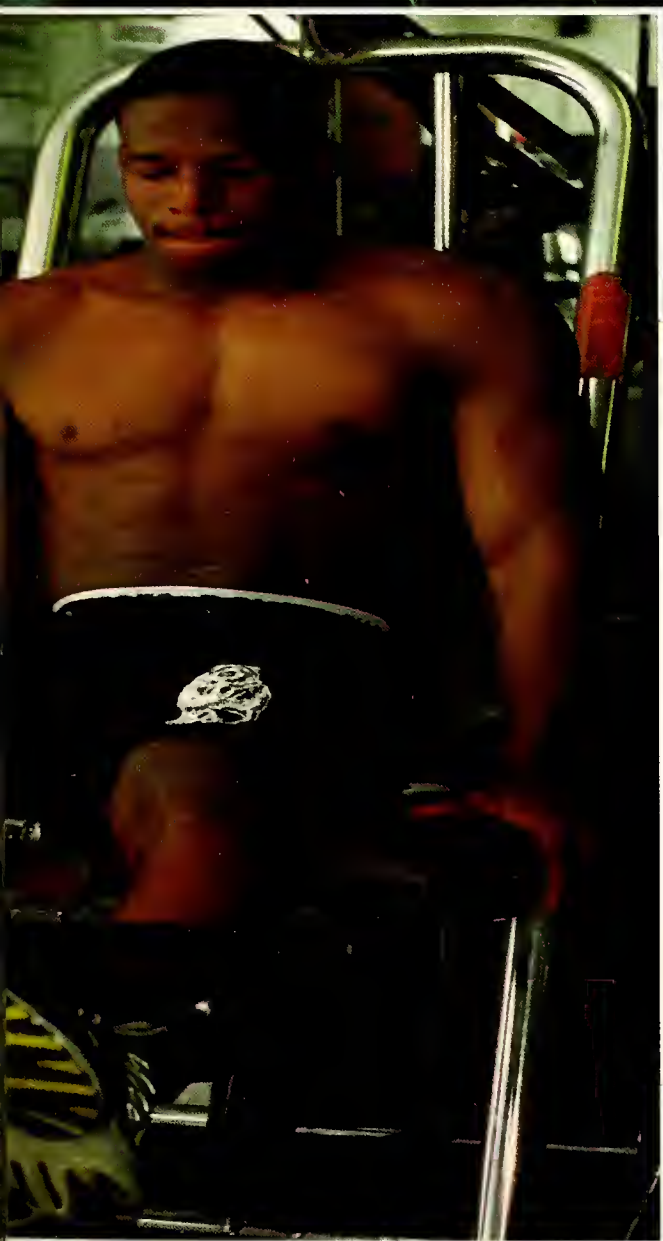
Besides a well-balanced diet to have that lean, muscular body, you

also have to exercise on a regular basis. Exercising on a regular basis means about three to five times a week. The most troubled spots of the body are the abdominal, or abs, hips, butt, thighs and triceps. Mostly everyone dreams of perfect flat abs, but it seems like no matter how many crunches or sit-ups you do, the baby fat still won't budge.

So here are some tips on how to flatten that belly from [HYPERLINK http://www.self.com/stayfit/abs](http://www.self.com/stayfit/abs).

First, crunches are not enough to flatten your stomach. According to Gunnar Peterson, a Beverly Hills workout pro, "You'll need to do exercises that work all the muscles in your abs from different angles. There are three so-called 'planes of motion.' When you bend forward, you work the sagittal plane (side to side areas). Bend to the side and you target the frontal plane."

Remember that it is not impossible to have that fabulous toned body. It just takes working out and the right dieting to have a strong and healthy body.





# The Thrill of Bull Riding

There are many people in Butler County that enjoy the sport of bull riding, whether that be watching or participating in the event. It is said that bull riding is one of the most dangerous sports in the world. Yet many people love the thrill of riding a bull despite the danger that may occur.

Bull riding consists of basically one thing, staying on a 2000 pound angry, bucking bull. Cowboys attempt to do this by wrapping a rope around the bull's chest. Then they put their hand through a loop on the top of the bull's back and just try to hang on for eight seconds.

Upper body strength and strong legs are essential for riding bulls. The rider tries to stay up on the bull and lean forward, or up on his hand. If the rider happens to lean back or get back on his pockets (sitting on his butt) he can be bucked off.

Judges watch for good body



spurring. Spurring is not required but does add extra points to the score. They also make sure that you are on for the full eight seconds. A perfect score is 100 points although most people do not ever see a perfect score. If you do not stay on for eight seconds you do not get any points, and if you touch the bull with your free hand you

ones involved in the dangerous sport. The bullfighters also put themselves in danger for the love of the sport. If you did not know, the bullfighters are the rodeo clowns. They are there to keep the bulls from mowing you over once you fall off. They also get you off the bull if you get hung up in the rope.

Bull riding is a very dangerous

*Upper body strength and strong legs are essential for riding bulls*

position and what riders do with their free hand, and they also watch for

do not get any points.

Bull riders are not the only

sport that many people love to watch and a few brave cowboys love to do.



Bull riding is a dangerous sport that many people love to watch



**Far Left:** Mark Hoffman tries to hang on as the bull spins in circles. Hoffman has been riding bulls for two years.

**Left:** Mark spurs the bull while he rides. Spurring is important for points.

**Below:** Hoffman eases down on to the bull's back in the shoot. Mark is a resident of Hutchinson, Kan.





# BURNING

**Story and photos by: Brenda Kimmi**

The smell of burnt rubber scatters the air, loud cars boosting their engines, colorful cars everywhere, the sound of clapping hands and screams as the winner goes across the finish line.

That is what you get when you go to Wichita International Raceway Drag Strip (WIR) in Wichita. WIR is located at 61st street and North Ridge Road.

Men, women and children are able to enjoy the fun of racing at WIR. Super Pro, Pro, Sportsman, Motorcycle and Junior Dragster are the classes available. They also have Friday night races that give you the chance to race in Real Street, King of the Hill, Grudge and Import classes.

Entry to each category is different. To race in Super Pro the entry fee is \$50, buybacks are \$20. For Pro it is \$40, buybacks are \$15. Sportsman and Motorcycle are \$30 and buybacks are \$10. Junior Dragsters entry is \$20 and buybacks are \$5. Buybacks are for when you lose in the first round of eliminations and you want to try to get back in the

race by paying another fee.

One Wichita woman, Lisa Mitchell, races because it has always been her dream to be like Shirley Muldowney (one of the first women drivers).

"Well I have always loved drag racing. Especially when I saw the movie *Heart Like a Wheel* and I said that

I would like to try that someday. Then one day I went to my parents' house and there was our race car, a 1969 Camaro," says Mitchell.

Another Wichitan, Doug Stephens, says "I have always been a motor head and I just like to race anything on wheels."

It is for the excitement that some-

one would want to put himself or herself in a racecar. "For starters, I love the thrill of doing the burn out, lining up at the starting line and the rush of me laying back in the seat as I let off the brake and hit the gas to run 11.95 seconds at 115 miles per hour," says Mitchell.

Both Mitchell and Stephens agree that racing to



*This Camaro returns from a run down the return lane at Wichita International Raceway. It is one of many Camaros racing that day.*



# RUBBER



*The starter gets the next car in line ready to race. This black Corvette is ready to spin his tires in the burnout box.*

some extent is dangerous but if you have the right equipment, know the mechanics of your car and watch everything around you, then you will be O.K. But the day you don't fear your car, then you will crash.

Mitchell has almost been in a wreck when after the race the person she was racing cut in front of her, causing her to slam on her breaks and do a complete 180, making her face the beginning of the track. "The only damage done was a big chunk of the tire was

“ It has always been my dream to be like Shirley Muldowney, says Lisa Mitchell, Wichita ”

## Did You Know?

Breakout -- running quicker than he/she dialed his/her vehicle (Predicted how quick it would run).

Burnout -- spinning rear tires in water to heat and clean them prior to a run for better traction.

Christmas tree -- starting device between lanes on the starting line.

Elapsed time -- the time it takes the vehicle to travel from the starting line to the finish line.

Eliminations -- after qualifying, vehicles race two at a time, resulting in one winner and one loser.

Foul Start -- car has left the starting line before receiving the green light, resulting in a red light.

Nitromethane -- fuel specifically made for drag racing.

Pre-staged -- when a driver is seven inches behind the starting line.

Reaction time -- the time to react to the green light on the Christmas tree, measured in thousandths of a second.

Sixty-foot time -- time it takes for the vehicle to cover the first sixty feet of the racetrack.

Staged -- the front wheels of the car on the starting line.

Wheelie bars -- used to prevent excessive front-wheel lift.

These terms were taken from:  
[www.killkare.com/racingtips3.html](http://www.killkare.com/racingtips3.html)



**Right:** Bryce Wisooker, Wichita, gets his Junior Dragster ready to race. Bryce and his brother Derek both race Junior Dragsters at Wichita International Raceway.

**Below:** David Wisooker, Wichita, pushes his son Derek's junior dragster back into the pits after his run. His sons are two of the many Junior Dragsters that run at Wichita International Raceway in Wichita.



taken out from the spin. I was more worried about my father's reaction, but he ended up not seeing it."

Stephens says that "I have been racing since I could drive, at least cars and I will not be stopping anytime soon."

David Wisooker, Wichita, says, "I think that racing can also teach you a lot about life. It teaches you how to be humble, good sportsmanship, concentration, mechan-

ics, engineering, timing/coordination and how to be a good winner as well as a loser."

For more information you can contact Wichita International Raceway office at (316)755-3474 or the drag strip at (316)729-4448.







**Left:** Motorcycle riders even have their own category of racing at Wichita International Raceway.

**Right:** Looking inside a '69 Camaro to see what it is like to race. The safety belts have to be replaced every two years.

**Bottom:** Doug Stephens, Wichita, and Lisa Mitchell, Wichita, are getting ready to stage so they can race. Mitchell in the white Camaro cut a better light than Stephens' work in progress Chevelle did in their first pass.





# Bridal Bliss Wedding Tips

He gets down on one knee and the words "Will you marry me?" roll out of his mouth. So what happens next? Assuming you say "yes," there is a list of tasks that you should undertake immediately.

Planning is the first step. First, the two of you should decide when you want to be married. Good planning should allow at least six months, according to *Modern Bride* magazine, to get all of the details together; that is, if you plan on having a traditional ceremony.

There are many places that provide solid information about planning the ceremony. Many are bride's magazines such as *Modern Bride*, *Bride's* and *Martha Stewart's Wedding Catalog*. Other helpful resources can be found on the Internet.

Some of these sources provide good information on all aspects of a wedding. [www.WeddingChannel.com](http://www.WeddingChannel.com) is a good choice because it has calendars, planners, advice articles, places to register for gifts, places to search for dresses and tuxedos, music, etiquette and budget help.

[www.EasiestWedding.com](http://www.EasiestWedding.com) is another Internet site that offers tips, advice, free magazines, a wedding planner and a place to shop for invitations.

"After my fiancé Chad Holzman and I were engaged, my mom was ready to start making plans," Nicole Lane, Wichita sophomore, says. "That was eight months before the wedding. I didn't think we should start planning until six months before the wedding date. My mom had the caterer booked and the florist called the week after we got engaged."

The next step in the road to the wedding day is making a guest list. The engaged couple should sit down and plan out a list of everyone they would invite. Depending on the size of the wedding, it may be a small or rather lengthy list. This step is important, because ordering the right number of wedding invitations the couple decided on is the next step.







*June bride looks at picture samples to help choose a photographer. One tip to finding a good photographer is to look at samples of their work.*

**Story by DeAnn Solt**  
**Photos by Amanda Lene**



*An important step in planning a wedding is picking out invitations that both the bride and groom agree on.*

"The first time Chad and I went to look at invitations, we were in the party store for three hours and we still didn't find anything we agreed on," Lane says.

Picking out invitations can be a hard task if the couple does not see eye to eye on the invitation design. There are many places that a couple can look to find the perfect invitations.

Starting locally, there are many print shops and newspapers that carry wedding invitations. Then there are national magazines that can be ordered for free from many of the bridal magazines.

Other places to look are on the Internet. One site that specializes in wedding invitations is [www.wedding.orders.com](http://www.wedding.orders.com). They offer free membership, tips, trends, online search and a place to order free catalogs.

"To save money on invitations we had them printed locally," Lane says. "One of my teachers from high school

did the typesetting for the invitations. This saved us around a hundred dollars."

The next important steps you should take to get the wedding to come together are to book a photographer, baker, caterer, florist and musicians.

If you are getting married in May, June or October, you should book these people soon. Most weddings occur during these months.

There are many tips to finding a good photographer. The most important one would be to look at their work. If you don't like what you see, find someone else. The pictures of your wedding are cherished items and you cannot get them redone. So be cautious and let the photographer



Another item the ladies should be keeping an eye out for is the perfect wedding dress. The best place to start is bridal magazines. Do not be afraid to tear out pictures of dresses you like and take them into stores. Not only will the store have some idea of what you are looking for, but they may even have that dress.

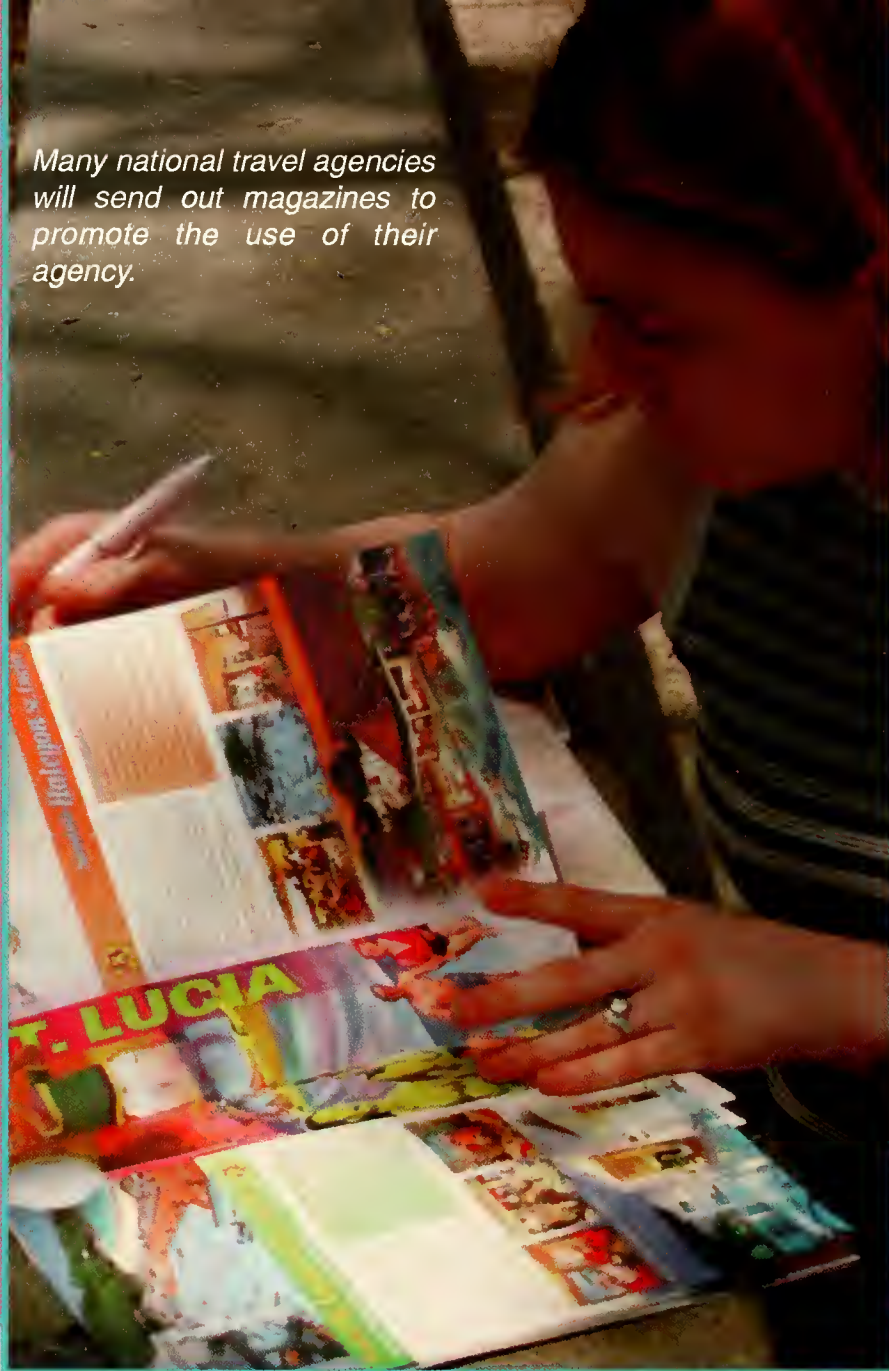
There are other places to find wedding dresses. Many dress designers have web pages you can visit to find the whole line of dresses, and stores where they are located. Also you can buy a dress from a friend or someone off of eBAY.

Also in the ninth to sixth month the couple should visit their clergy member or justice of the peace. The couple should decide if the ceremony will be a religious or civil event.

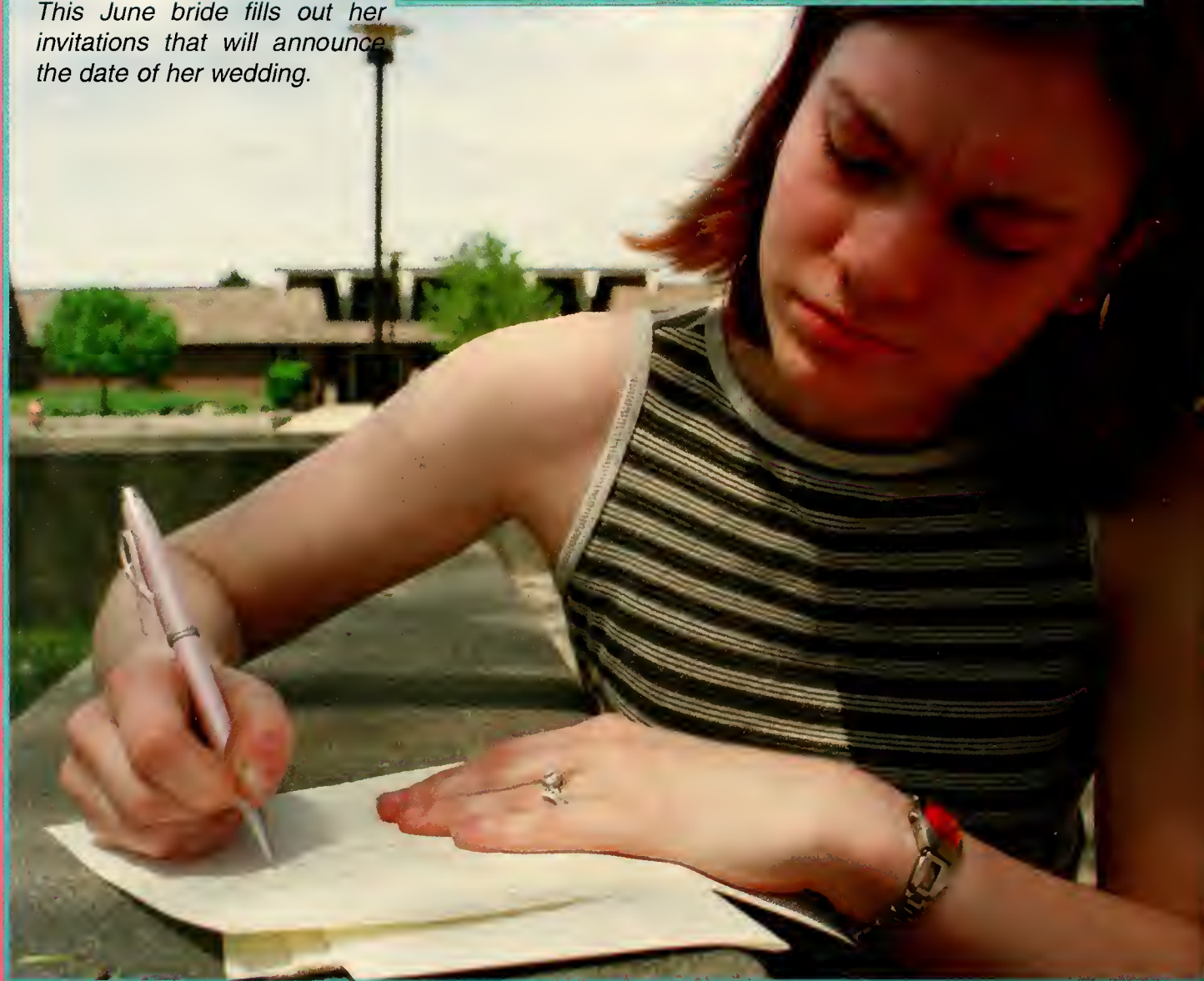
If the couple is having a religious ceremony, the best place to start looking is at local churches. If the ceremony will be a civil event, any certified officiant may perform the ceremony. Just make sure that the officiant is qualified to perform ceremonies in your state.

Do not forget to register for gifts. There are many places you can do this. If many of your guests live in the same area, you should register at a store near them. Also you could register over the Internet at [www.WeddingChannel.com](http://www.WeddingChannel.com) or at many of the stores you would have registered at in person.

*Many national travel agencies will send out magazines to promote the use of their agency.*



*This June bride fills out her invitations that will announce the date of her wedding.*





*Finding a honeymoon spot is not only for the bride and groom. Friends and family can put in some input also*



“Chad and I registered at both JC Penney’s and Target,” Lane says. “I think we got carried away when we went and registered. Both stores give you a little gun looking thing and let you loose in the store. So pretty much you get to ‘zap’ any item you want. That made it fun. The nice thing about Target is if you forgot to register for something you can go on-line and register for it there.”

Three months before the wedding, you should have your guest lists completed and invitations sent out. You should also reserve rooms for out-of-town guests to stay in.

Also, three months before the wedding, you should check the state regulations on blood tests.

Attire for the wedding party and for the groom needs to be purchased by the couple or the individuals in the wedding party. The rings also need to be bought or ordered. You should also be buying honeymoon clothing.

The ladies need to have their first dress fitting and make an appointment with a hair stylist.

Six to eight weeks before the wedding, you should make sure to have the gifts for the attendants and for your

spouse purchased.

As a couple you should be writing and sending thank-you notes as you receive them. Also, you need to send announcements to newspapers.

Two weeks before the wedding, you and your fiancé should pick up the marriage license, submit requests to the photographers, videographers and musicians. You should also confirm the honeymoon reservations.

One week before the wedding, you should pack for the honeymoon, check with your bank about using your ATM at the honeymoon site, remind attendants and ushers about the rehearsal dinner and give the bridesmaid party. Also, the groom should put the officiant’s fee in a sealed envelope and give it to the best man to deliver after the ceremony.

Remember to have fun at the wedding and do not worry about the details. If you follow the guidelines, everything should fall into place.





# Being a Big Brother or Big Sister

By Rachel Julius

## Mission Statement:

"Big Brothers and Big Sisters of Sedgwick County helps boys and girls, most of whom are considered at risk and live in single-parent homes, achieve their full potential through long term personal relationships with carefully screened and caring volunteers."

Since its establishment in 1904, Big Brothers Big Sisters of America has grown to be the oldest and largest mentoring program for youth. The programs, in all 50 states, match kids with mentors who provide friendship and an experience that will never be forgotten.

Big Brothers was originally started in 1904 by a New York court clerk named Ernest Coulter. His superior, Judge Julius Mayer, who recruited men to mentor some of the delinquent boys who came before him, influenced Coulter.

In late 1904, Coulter went before a group of civic

and business leaders and described a boy about ready to be jailed. He asked for someone to be a Big Brother to this child and proceeded to ask the men for a volunteer. Every man in the room raised a hand.

A year after Coulter's program started, Catholic Big Sisters opened up its doors to young girls. Thus Big Sisters was formed ([www.bbbsa.org](http://www.bbbsa.org)).

Although Coulter was the one who started up the program, Irvin Westheimer was credited with creating the Big Brothers Big Sisters program.

Thirty-one years ago, Big Brothers was founded in Wichita to help keep the young boys off the streets. In 1974 the Big Sisters program was established to help the young girls in the Wichita area. By 1978 the two organizations joined together to create the Big Brothers Big Sisters program.

Through the past 31 years, Big Brothers Big Sisters (BBBS) has catered to over 15,000 children in Sedgwick County alone.

BBBS of Sedgwick County not only offers the traditional program but offers eight other programs similar to BBBS.

The traditional program recruits volunteers to spend 2-3 hours a week 3-4 times a month with a child that they selected. The program is open to anyone at least 16 years of age with a valid drivers license.

Another program similar to the traditional program is Bigs in Schools. Volunteers are asked to spend about 45 minutes a week in an elementary or middle school helping with homework and any other activity.



Operation Jumpstart is almost like Bigs in Schools but focuses more on fifth to eighth graders. The primary focus is to help the kids make a successful transition from elementary to middle school to high school.

The Club Buddies are asked to spend time each week with a youth from Boys and Girls Club. They can do anything from playing pool to foosball to arts and crafts.

RSVP/Experienced Corps is offered to those who are over the age of 50 who would like to be involved with BBBS. They must be energetic, active, passionate and committed to making an optimistic contribution to kids at risk.

Malisa's Hope is offered to those that wish to involve kids in religious activities as part of their commitment.

The mentoring program Mi Amigo is designed to attract Hispanic volunteers and encourage Hispanic youth to participate in the program.

BBBS also has a program that is dedicated to teaching kids more about the outdoors. Pass It On-Outdoor Mentors is in partnership with the Kansas Department of Wildlife to promote the outdoors.

**What  
does it take to be a Big Brother  
or Big Sister?**

**A caring person with time to devote to a child. You  
can either be a Big Brother or a Big Sister.  
Applicants will go through a thorough screening  
process before they are matched up with  
a child.**

Kevin Easter Cops for Kids brings the local police, sheriff's deputies and state troopers together with kids. Activities are designed to break down the barriers between youth and those who uphold the law ([www.bigbrothersbigsisters.org](http://www.bigbrothersbigsisters.org)).

To become a Big Brother or Big Sister in Butler County call 321-7763 or apply in person at 223 N. Main St. From the Wichita area apply at the Sedgwick County site at 219 N. St. Francis. BBBS also offers online applications.

The application requires basic information, reference letters, a thorough background check and an interview.

Once the background check and interview is done, selection for a little brother or sister can take place.

The process takes about a month, depending on the background check.

Make a difference in someone's life, become a Big Brother or Big Sister!

**What  
do "Bigs" and "Littles" do together?**

**Bigs and Littles can do anything from playing sports,  
catching the latest movie, outdoor hikes, roller-skating, miniature golf, hanging out with each other, shopping and even doing homework together. The kids need an older role model, not just a parent or a friend, but someone who is there to share life experiences and lead them in the right direction.**



